



Scripture Background

In Sunday's Gospel, Peter, James, and John witness Jesus' Transfiguration. Jesus shows us that after his suffering and Death on the Cross, he will be resurrected. The Gospel of the Transfiguration gives us an idea of what Jesus will look like in Heaven. This helps these Apostles believe that Jesus is God's Son. Their faith in Jesus grows stronger. The Transfiguration gives us a peek at our future too. If we do God's will and follow Jesus, God promises that we will go to Heaven. When Jesus comes again, our bodies will shine with God's glory in Heaven.

Share Experiences

Check off the boxes as you complete each part of the lesson.

- Pray together** "Dear God, everything you make grows and changes. Everything you make praises you. Amen."
- Activity • We can change and grow. (page 2)** Give your child time to study the children on page 2. Read aloud the title. **Ask:** When can a happy feeling change to a sad or mad feeling? When can a surprised feeling change to a happy feeling? **Ask:** Do you remember when you were younger—did you cry if you didn't get your way? How do you handle that feeling now? Explain that as we grow up, we can choose better ways to show that feeling.

Discover Gospel and Doctrine

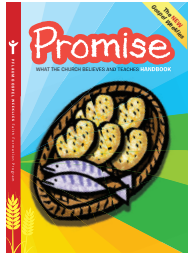
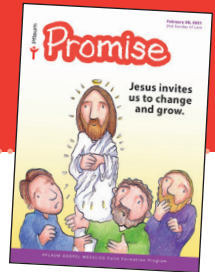
- Sunday Gospel • Jesus Is God's Son (page 1)** Share the Gospel story:

One day, Jesus took Peter, James, and John up a mountain. Jesus changed before their eyes. His clothes became dazzling white. Jesus' friends were amazed and afraid. A cloud came and made a shadow over them. A voice spoke from the cloud, saying "This is my beloved Son. Listen to him." When Jesus'

friends looked up again, they saw only Jesus. Jesus said to them, "Tell no one about this until I have risen from the dead." Peter, James, and John kept this a secret. They weren't sure what Jesus meant about rising from the dead.

The *Promise* version of this Gospel doesn't include the appearance of Moses and Elijah. Young children don't have enough sense of biblical history to understand what the presence of these ancestors of Jesus means. Invite your child to retell the story. **Ask:** How did Jesus' friends feel when he changed? When the voice came from the cloud? *Amazed and afraid.* **Ask:** How did they feel when Jesus said he would rise from the dead? *Confused.* **Ask:** Whose voice came from the cloud? *God the Father's.* **Ask:** What other time did God the Father speak from the sky? *At Jesus' baptism.* Point out that at both of these events, God said that Jesus is his beloved Son.

Ask: Have you ever felt very special because of someone's love? This is how Jesus feels about his Father and how his Father feels about Jesus. **Ask:** What does God the Father tell us to do? *Listen to Jesus.* **Ask:** How do we show in our actions that we are listening to Jesus? Help your child connect this to the Lenten practices of prayer, helping, sharing, and forgiving. Relate back to the feelings activity on page 2. We can show in our behavior that we are changing and growing (e.g., handling our feelings in better ways than we did when we were younger).



- **Open** the *What the Church Believes and Teaches* handbook to page 28. Direct your child to find the heart near the bottom of the page. Read aloud the first line below the heart. **Ask:** What place is Jesus getting ready for us? *Heaven*. **Ask:** What do we need to do if we want to go to Heaven? *Follow Jesus, listen to Jesus, make loving choices*. **Read** aloud the rest of the lines. Invite your child to imagine and draw a picture of Heaven.

Once you have completed this section of the lesson, close the handbook and return to Promise, page 2.

- **Word of the Week • Heaven (page 2)** Help your child find the word *Heaven*. Share this definition: *Heaven is living in happiness with God forever.*

Live the Gospel

- **Activity • What makes change happen? (pages 3-4)** Refer back to the Gospel. Jesus changed because of God's love. He became bright and shining because God was with him. Direct your child's attention to the pictures on page 3. **Ask:** What is happening in these pictures? Invite your child to think of ways that a good change could happen in each picture. Next, have your child place the page on a desk or workspace and fold the page up one time as shown in the small pictures at the bottom of the page. **Ask:** What change happened? Discuss how these were positive changes. Have your child fold the page up a second time. Discuss the changes in the top two pictures. Conclude by reminding your child that we can all choose to make positive changes in our lives.
- **Activity • You can make a difference. (page 4)** Discuss the three stories on page 4 in terms of feelings. **Ask:** How did the teacher feel when the children did not quiet down? How did the child feel who asked a neighbor to be quiet and hold up his hand? Do the same with the other two stories. Feel free to role play these scenarios if you want.
- **Prayer Activity • Praying for Others** Remind your child about the prayer box. **Ask:** What people or worries would you like our family to pray for today?
- **Closing Prayer** "Jesus, thank you for loving and caring for us. Help us to change our unloving actions into loving ones so that we will be more like you. Amen."



Parent Resources

For weekly videos, assessments, and more, scan this code or go to pflaumweeklies.com/family
Visit www.usccb.org/bible/readings to read this Sunday's Scripture